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RAINBOW COFFEE'S CHANDRA MCIVOR IS ONE OF THE PROVINCE'S YOUNG LEADERS MAKING A DIFFERENCE PAGE 3

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THE COUPLE THAT SHOOTS TOGETHER ...

Gerry McCann, known as Granny Oneshot, and husband and fellow cowboy-action shooter Chuck McCann, better known as Grey Beard, stand on guard as members of the Saskatchewan Association of Wild West Shooters on Sunday at the 25th annual Collectors Show at Prairieland Park. Hosted by the Saskatoon Gun Club, the three-day event had more than 100 vendors and 4,700 people selling, buying and displaying everything from antique ammunition and firearms to comic books.

MORGAN MODJESKI/METRO

City leaders seek provincial budget commitments

Announcement on Wednesday.

Saskatoon needs funds for North Perimeter Bridge to function as hub city: Councillor

MARCO VIGLIOTTI
Metro in Regina

Municipal leaders in Saskatchewan's largest cities want firmer funding commitments on behalf of the provincial government in its budget to be tabled on Wednesday.

Coun. Pat Lorje in Saskatoon is urging the Saskatchewan Party government to fund a new bridge in the city's north end.

"Saskatoon's top priority right now would be a commitment for funds for the North Perimeter Bridge," Lorje told Metro on Sunday.

"If we are going to be able to adequately function as a hub city ... we require a North Perimeter Bridge."

As part of the $211-million North Commuter Parkway Project, Lorje said she would like the province to spend as much as it did for the city's Circle Drive South Project — about $98 million.

In Regina, the demand is less about one major infrastructure project but rather a provincial-municipal funding arrangement.

Coun. Wade Murray says a "stable" source of capital funding for municipalities tops his wish list for the budget.

While acknowledging that the government provides steady funding through its revenue-sharing agreement with municipalities, Murray said that money is almost exclusively dedicated to operational expenses and can't cover costly infrastructure projects.

"We've become very accustomed to using it for operating (costs)," he said.

"If we steal it from operating, that means we'll have to raise the mill rates to compensate for that loss of funding."

In the run-up to Wednesday's budget announcement, Premier Brad Wall has repeatedly tried to downplay investment expectations amid flattening government revenue due partly to slumping potash prices.

At last week's meeting of the Saskatchewan Association of Rural Municipalities, Wall said the budget would be tight but balanced.

WITH FILES FROM MORGAN MODJESKI

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NEWS 1

Motorcyclists say noise bylaw singles out riders

Recommendation. Decibel limitations align with national standard: Ward 8 Coun. Eric Olauson

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A recommendation before city council could give Saskatoon's noise bylaw more bite, but it's a specific provision for motorcycles getting some critics revved up.

Brad Fritz, director of the Saskatoon chapter of the Harley Owners Group (HOG), which has about 150 local members, says the limitations would unfairly target motorcycle enthusiasts.

"There are many other things out there that make just as much noise," Fritz said on Sunday, adding that motorcycles are labelled unfairly when it comes to noise.

Based on noise bylaws in other jurisdictions, the recommendation suggests that no one should operate a motorcycle with sound levels exceeding 92 to 100 decibels when stationary or when put through a specific RPM test.

Because there are no decibel limitations otherwise in the bylaw, Fritz said motorcyclists are being singled out.

"In some ways, it might be easier to go after motorcyclists," Fritz said. "They are more visible sometimes than (other kinds of) vehicles, and people automatically assume it's a motorcycle making noise."

But Coun. Eric Olauson of Ward 8 said the decibel limitation has been developed in line with practices used across the country.

"There's a national standard of municipalities across Canada who have set the decibel level between 92 to 100 decibels," he said.

"That's really why that part of the bylaw is in there on motorcycles, because there actually is a standard that municipalities have been following across Canada. And there's the technology to measure it."

City council will meet on Monday at 6 p.m.

Brad Fritz, director of the Saskatoon chapter of the Harley Owners Group, says a decibel limitation recommended for a noise bylaw singles out motorcycle riders. MORGAN MODJESKI/METRO

Residents warned after possible wolf sighting

Residents of Warman were told to keep their pets inside this past weekend after a possible wolf sighting on Friday.

The animal, which officials believe to be a wolf, was spotted around noon just north of Legends Golf Club in the small city about a 20-minute drive northeast of Saskatoon.

As a precaution, officials told residents to keep pets and other small animals indoors.

Wade Eberle, Warman's bylaw and animal control officer, said on Sunday that he checked the area a few hours later and from a distance, saw an animal with features consistent with those of a wolf.

"I was nowhere near the thing, but it looked like a wolf," Eberle said. "It wasn't dog-like."

He returned later with a camera in an attempt to photograph the animal, but failed to locate it again.

"I'm thinking it was just passing through," he said.

Judy Macala, restaurant manager at Legends Golf Club, said she's aware of the sightings and isn't overly concerned.

"I think it was probably an isolated incident," Macala said on Sunday, noting she had let her dogs outside for fresh air over the weekend, despite the warning.

Quoted

"It looked like a wolf. ... It wasn't dog-like."

Wade Eberle, Warman's bylaw and animal control officer

"I have house dogs and they go outside to go to the bathroom, and they went outside like normal," she added. "So I wasn't concerned at all."

Because no sightings of the animal had been reported since Friday, Eberle expected that the warning to keep pets inside would be removed on Monday.

MORGAN MODJESKI/METRO

U of R

Cheerleading team pulls photo after complaint

The University of Regina's cheerleading squad is apologizing after a photograph of some of its members dressed to appear as aboriginals in old-West-style movies made the rounds on social media.

The photo drew the ire of activists.

In the photo, cheerleaders wear the campy costumes reportedly to depict a "cowboys and Indians" theme.

After receiving messages of complaint that the picture depicts blatant cultural appropriation, the U of R team yanked it from its social media stream.

"We apologize for the photos," says a message on the team's Twitter account.

"They have been removed from all of our social media."

"Our last intention was to disrespect anyone."

MARCO VIGLIOTTI/METRO IN REGINA

The photo that caused controversy. TWITTER

B.C.

Man killed in avalanche

A man from Lloydminster is dead after being injured on Friday night in an avalanche near Blue River, B.C., mid-way between Kamloops, B.C. and Jasper, Alta.

THE CANADIAN PRESS/METRO

CBC Saskatchewan future40

Your 2014 CBC Future 40 winners are ...

Metro has partnered with CBC to showcase Saskatchewan's brightest young leaders on multiple platforms. Each day this week, we will be rolling out the winners of CBC's second annual Future 40 project.

JACOB MORGAN
jacob.morgan@metronews.ca
With files from CBC

1 Name: David Straub
Age: 35
Category: Business and entrepreneurship

Dave Straub is a culinary force out of Regina who embodies both the skills of a great chef and the mind of a good businessman. He is a foodie committed to creating a vibrant nightlife for the after-work crowd in downtown Queen City. In 2013, Straub was voted best chef in Regina by Prairie Dog readers and also participated in the Gold Medal Plates competition. With more than 10 years experience, Straub is the owner and operator of Flip Eatery and Drink, Salt Food Boutique and plans on launching a new brewpub in the fall of this year.

2 Name: Jonathan Meyer
Age: 29
Category: Community leadership

For the past two years, Jonathan has served on a mostly volunteer basis as the community economic development officer for the Town of Eston. He also lends his time to the local senior hockey team and plays an integral role in managing their financial operations. With the organization of two Winter Classic outdoor hockey games, Jonathan successfully raised close to $90,000 in total for local recreation. Jonathan sees it as his job to motivate his generation to take ownership of Eston's community life and is constantly finding ways to engage people and challenge them to become leaders.

3 Name: Chandra McIvor
Age: 27
Category: Community leadership

As department head of youth development and education at the Avenue Community Centre, Chandra established Rainbow Coffee, the only citywide alliance and empowerment program for young LGBT people and allies in the province. She is impacting the lives of youth in Saskatoon as well as those in surrounding communities through this initiative. In 2013, Chandra also partnered with the Saskatoon Public School Division to create Saskatchewan's first division-wide professional development program for staff on gender and sexual diversity. Word is spreading fast and Chandra has travelled to cities across the province to ensure all students are accessing their right to a safe education.

4 Name: Kevin Seesequasis
Age: 31
Category: Politics

Kevin has raised the Liberal Party of Canada's profile in the province with positions including communications director for Saskatchewan and president of the now-redistributed Saskatoon-Wanuskewin federal riding. Most recently, he was named national co-chair of the Aboriginal Peoples' Commission at the Liberal Party's biennial convention. In addition, Kevin is running for band council in his home community of Beardy's and Okemasis First Nation. He was chair of the planning committee in 2011 that led Beardy's and Okemasis to become the only aboriginal community to achieve a top-five ranking in the Kraft Hockeyville competition.

5 Name: Brett Bayda
Age: 31
Category: Philanthropy, social activism and volunteerism

Through his entrepreneurial spirit, community service and philanthropy, Brett sets an inspiring example in the Saskatoon community. He is a previous board member of the Saskatoon Council on Aging and a determined care-provider advocate. In keeping with his passion, Brett founded the Swinging with the Stars hospice fundraiser, which is one of the most successful charity events in Saskatoon and has raised more than $125,000 in its first two years. Brett is also an engaged member of the downtown Saskatoon chapter of the Canadian Progress Club and the CEO of Surprisehergifts.com, an online store that makes the process simpler for men to buy gifts for the women in their lives.

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Canada's reaction

Harper blasts referendum as 'illegal'

Canada denounced the referendum in Ukraine's Crimean Peninsula on Sunday, saying it would lead to further isolation of Russia's Vladimir Putin.

"The so-called referendum held today was conducted with Crimea under illegal military occupation. Its results are a reflection of nothing more than Russian military control," Prime Minister Stephen Harper said in a statement.

"This 'referendum' is illegitimate, it has no legal effect, and we do not recognize its outcome," the prime minister said, adding Canada is working with other countries on the possibility of further sanctions.

"Any solution to this crisis must respect the territorial integrity, sovereignty and independence of Ukraine as well as the constitution of Ukraine. Mr. Putin's reckless and unilateral actions will lead only to Russia's further economic and political isolation from the international community."

Earlier Sunday, protesters in at least two Canadian cities joined the international condemnation against the ballot.

Some protesters applauded Harper's decision to travel to Ukraine this Friday to show support for the temporary government in the face of Russian aggression in the strategic Black Sea region.

"This is an already an important symbolic visit showing support to the Ukrainians," said Lada Roslycky, a human rights campaigner who organized an Ottawa protest across the street from the Russian embassy.

About 100 protesters staged a mock referendum outside the heavily-guarded embassy. They were joined by hundreds in downtown Toronto who braved frigid temperatures to march against what they called an illegitimate ballot. THE CANADIAN PRESS

Crimea votes to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions on Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the thousands of Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed late Sunday, crowds of ethnic Russians in the regional Crimean capital of Simferopol erupted with jubilant chants in the main square, overjoyed at the prospect of once again becoming part of Russia.

The Crimea referendum offered voters the choice of seeking annexation with Russia or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play and land grab by Russia.

The vote could also encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in this nation of 46 million. Residents in western Ukraine and the capital, Kyiv, strongly favour closer ties with the West instead of Russia.

The Crimean parliament will meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

In Moscow, the speaker of the lower house of the Russian parliament, Sergei Naryshkin, suggested that joining Russia was a done deal.

"We understand that for 23 years after Ukraine's formation as a sovereign state, Crimeans have been waiting for this day," Naryshkin was quoted as saying by the state ITAR-Tass news agency.

Russian lawmaker Vladimir Zhirinovsky said the annexation could come in as soon as three days, according to Interfax.

Russian President Vladimir Putin said the referendum was conducted in "full accordance with international law and the UN charter." THE ASSOCIATED PRESS

Quoted

"It's like they're crazy Texans in western Ukraine. Imagine if the Texans suddenly took over power (in Washington) and told everyone they should speak Texan."

Ilya Khlebanov, a voter in Simferopol

Plane's disappearance may have been intentional

A woman leaves a message for missing Malaysia Airlines passengers at a shopping mall in Petaling Jaya, Malaysia, Sunday. LAI SENG SIN/THE ASSOCIATED PRESS

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications Addressing and Reporting System (ACARS) — about 40 minutes after takeoff.

Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

On Sunday, Malaysian Defence Minister Hishammuddin Hussein told a news conference that the final, reassuring words from the cockpit — "All right, good night" — were spoken to air traffic controllers after the ACARS system was shut off. Whoever spoke did not mention any trouble on board.

Given the expanse of land and water that might need to be searched, finding the wreckage could take months or longer. Or it might never be located. Establishing what happened with any degree of certainty will probably require evidence from cockpit voice recordings and the plane's flight-data recorders. THE ASSOCIATED PRESS

'Highly complex' search

The search area now includes 11 countries the plane might have flown over, Hishammuddin said, adding that the number of countries involved in the operation had increased from 14 to 25.

- "The search was already a highly complex, multinational effort," he said. "It has now become even more difficult."

Harlem

Congregation mourns members' deaths in blast

As workers tried to clear away the last of the rubble that once was two New York City apartment buildings, a pair of congregations gathered to mourn Sunday — one for its lost church and one for two members who lost their lives in the massive explosion.

At Bethel Gospel Assembly, tears mixed with the sounds of gospel music as the church remembered Griselde Camacho and Carmen Tanco, two of the eight people killed in the massive East Harlem explosion that levelled a pair of five-storey buildings on Wednesday. THE ASSOCIATED PRESS

N.Y.C. Mayor Bill de Blasio, left, and Al Sharpton at Bethel Gospel Assembly Sunday. THE ASSOCIATED PRESS

Jeffrey Sinclair

U.S. general to avoid sex-assault charges with plea

Defence attorneys say a U.S. Army general has agreed to a plea deal that includes the dropping of sexual-assault charges against him.

A news release Sunday from lawyers representing Brig. Gen. Jeffrey Sinclair says that he will plead to lesser charges in exchange for having the sexual-assault charges dropped along with two others that might have required Sinclair to register as a sex offender.

The release says a high-ranking general overseeing the case has approved and signed the agreement. THE ASSOCIATED PRESS

Sweden

Thousands rally against fascism

Thousands have protested fascism in Sweden, calling for dialogue and tolerance.

The demonstration happened in Malmo where, a week earlier, four people were injured in a fight at a feminist demonstration. THE ASSOCIATED PRESS

Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Reaction. U.S. says it won't recognize voting results

As soon as the polls closed in Crimea, the White House again denounced the vote.

"The international community will not recognize the results of a poll administered under threats of violence," it said in a statement. "Russia's actions are dangerous and destabilizing."

Russia raised the stakes Saturday when its forces, backed by helicopter gunships and armoured vehicles, took control of the Ukrainian village of Strilkove and a key natural gas distribution plant nearby — the first Russian military move into Ukraine beyond the Crimean peninsula of 2 million people.

The Russian forces later returned the village but kept control of the gas plant. On Sunday, Ukrainian soldiers were digging trenches and erecting barricades between the village and the gas plant.

"We will not let them advance further into Ukrainian territory," said Serhiy Kuz, commander of a Ukrainian paratrooper battalion.

Despite the threat of sanctions, Putin has vigorously resisted calls to pull back in Crimea. At the United Nations on Saturday, Russia vetoed a Security Council resolution declaring the referendum illegal.

However, Putin spoke with U.S. President Barack Obama and supported a proposal from Germany to expand an international observer mission in Ukraine, the Kremlin said Sunday in a statement after the vote.

"The heads of state noted that despite the differences in their assessments, it was necessary to work together to find a way to stabilize the situation in Ukraine," the statement said.

German Chancellor Angela Merkel, who also spoke with Putin on Sunday, wants more observers sent to tense areas, particularly in eastern Ukraine, her spokesman said. Putin told Obama that such a mission would be welcome but would need to be extended to all regions in Ukraine, the Kremlin said.

THE ASSOCIATED PRESS

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Canada

Lake Louise, Alta. Father and son killed in avalanche while tobogganing

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says RCMP requested the aid of Parks Canada Search and Rescue personnel to help look for the two on Saturday afternoon.

Hunt says a Parks Canada team found a partially buried toboggan in the avalanche debris.

It helped searchers locate the victims at the base of Mount Fairview on the shore of Lake Louise.

Mounties say the man, 33, and his son, 11, were from Montreal and may have been buried for almost a week.

Const. Phil Caza said the pair were reported missing Friday, but the last anyone recalled seeing them was on Sunday, March 9, when they rented the toboggan.

"We're still working to see if any hotel staff came in contact with them, but it's most likely it was the 9th," Caza said.

Caza said the slope where the pair were located can be accessed by walking on the frozen lake. He said it can even be seen from the Chateau Lake Louise hotel.

He said that after searchers found the toboggan partially sticking out from the snow, dogs were used to pick up the scent of the missing father and son and their bodies were then dug out. THE CANADIAN PRESS

Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.

John Forster, chief of CSEC
THE CANADIAN PRESS FILE

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government.
THE CANADIAN PRESS

International hearing

Ottawa to argue against EU ban of seal products

An international trade organization will hear arguments from Ottawa on Monday in an appeal of a landmark ruling that upheld the European Union's ban on imported seal products.

Environment Minister Leona Aglukkaq said she will argue at the three-day World Trade Organization hearing in Geneva what the Tories have steadfastly defended: that the seal hunt is humane, sustainable and well-regulated.

"Any views to the contrary are based on myths, misinformation and misguided emotion," said Aglukkaq in an opinion editorial released Sunday.

"Canadian coastal and northern communities continue to depend upon the humane seal harvest as a vital economic activity and they should have every right to do so."
THE CANADIAN PRESS

Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary.
JEFF MCINTOSH/THE CANADIAN PRESS

Families of fallen reflect on losses

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." THE CANADIAN PRESS

A mother's loss

'Were we fighting a losing battle?'

Other families, including Anne Snyder — whose son, Capt. Jon Snyder, died at age 26 in 2008 — wonder if the Afghans wanted the West there at all.

"Were we fighting a losing battle?" said Snyder, of East Jeddore, N.S.

When she sees the persistent, grinding poverty of the Afghan people and unabated violence, including last week's bloody attack on the Kandahar intelligence headquarters, Snyder says you can't help but ask questions.

"I don't want to think my son died for nothing," she said.

Her way of honouring Jon, who was posthumously awarded the country's second-highest military medal for bravery, is to counsel other families of the fallen, including most recently relatives of suicide victims. She's also dedicated a portion of her garden to him where poppies and lilies return each year.

Anne Snyder poses with a photo of her son Jonathan.
THE CANADIAN PRESS

Nigeria. Muslims attack Christian settlers; more than 100 people killed

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians. Hundreds of thatched-roof huts were set ablaze.

Thousands have been killed in recent years in competition for land and water between mainly Muslim Fulani herdsmen and Christian farmers across Nigeria's Middle Belt. More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief Nuhu Moses said Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

Local government acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages Friday night. The Southern Kaduna Indigenes Progressive Forum blamed the government for failing to take action.

THE ASSOCIATED PRESS

Moonshine from China?

Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the Far East have died of apparent methanol poisoning after drinking counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, around an hour's drive from the village. Investigators say a 49-year-old resident of the village has been detained, suspected of selling the liquor. THE ASSOCIATED PRESS

Egypt's crackdown brings most arrests in 20 years

Ousted Egyptian President Mohammed Morsi, centre, arrives for a trial hearing in Cairo in November 2013. EGYPT'S INTERIOR MINISTRY/THE ASSOCIATED PRESS

Systematic beatings. Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-up in nearly two decades, according to previously unreleased figures from security officials. Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood.

The count, which is consistent with recent estimates by human rights groups, was based on a tally kept by the Interior Ministry. It includes hundreds of women and minors. THE ASSOCIATED PRESS

Election 'farce'

Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.

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Syria. Assad forces seize key rebel town near the Lebanese border

Syrian troops backed by Hezbollah fighters seized a key rebel supply town on the Lebanese border on Sunday, driving them from the area and scoring a major blow against them in the three-year-old conflict.

The fall of Yabroud immediately emboldened government forces to attack nearby rebel-held towns, pressing forward in what has been nearly a year-long advance against rebels fighting to overthrow President Bashar Assad.

Support from the Iranian-backed, Shiite Hezbollah appears to have tipped the balance in the border area, even as it has partly prompted the conflict to bleed into Lebanon where it has ignited polarizing sectarian tensions between Sunnis and Shiites.

Damaged buildings in Yabroud, Syria, Sunday. THE ASSOCIATED PRESS

In Lebanon, 13 people have been killed in Syria-related violence in recent days: 12 in gunbattles and one in a rocket attack.

THE ASSOCIATED PRESS

Tibet-China. Monk sets himself on fire in ethnic Tibetan area of NW China

A monk set himself on fire Sunday in an ethnic Tibetan area of northwest China, the country's official news agency reported.

In a brief report citing local authorities, Xinhua News Agency said the monk was from the Shaderi Monastery in Huangnan Tibetan autonomous prefecture in Qinghai province.

The report said police were rushing to the site and gave no further details.

A man at the Zekog county public security bureau confirmed the immolation and said it took place outside the monastery.

He said he had no other information and refused to be identified.

Calls to the county government went unanswered.

Qinghai neighbours Tibet. More than 100 people have self-immolated in Tibetan areas since 2009 to protest Chinese restrictions on Buddhism and denigration of the Tibetans' spiritual leader, the Dalai Lama, who lives in a Buddhist area of India.

The government has blamed the self-immolations on hostile foreign forces that want to separate Tibet from China. Many Tibetans accuse the Chinese government of repressing their religion.

THE ASSOCIATED PRESS

Pakistan

Hindu centre attacked; Qur'an said burned

An angry crowd set fire to a Hindu community centre in southern Pakistan after allegations circulated that a Hindu had desecrated Islam's holy book, police said Sunday.

The incident took place overnight in the city of Larkana in Sindh province after some people said they saw burned pages of the Qur'an in a garbage bin near the home of a Hindu man, said Anwar Laghari, the area police officer.

Violence triggered by allegations of Qur'an desecration and other allegedly blasphemous acts is common in conservative Pakistan. A controversial Pakistani law imposes the death penalty, but sometimes crowds take the law into their own hands and attack the accused, often members of a religious minority in the majority Sunni Muslim state.

THE ASSOCIATED PRESS

Commemorating Latvian soldiers who fought in Nazi units

Former Latvian environment minister Einars Cilinskis, centre, takes part in a march Sunday in Latvia to the Freedom Monument to commemorate Latvian Second World War veterans who fought in Waffen SS divisions. Cilinskis was formally fired on Friday for rejecting government orders not to participate in annual commemorations of Latvian soldiers who fought in Nazi units. OKSANA DZADAN/THE ASSOCIATED PRESS

North Korea fires off protest rockets

Tensions continue. Pyongyang fired the rockets Sunday apparently to protest U.S.-South Korean military drills

North Korea fired 18 short-range rockets into the sea off its east coast Sunday, South Korean officials said, in an apparent continuation of protests against ongoing U.S.-South Korean military drills.

Such short-range rocket tests are usually considered routine, as opposed to North Korean long-range rocket or nuclear tests, which are internationally condemned as provocations. North Korea has conducted a string of similar short-range launches in recent weeks that have coincided with the annual military drills by allies Washington and Seoul.

North Korea says the drills are preparation for an invasion. The allies say the exercises, which last year prompted North Korean threats of nuclear war against South Korea and the United States, are routine and defensive in nature.

Outside analysts say North Korea is taking a softer stance toward the U.S.-South Korean military drills this year because it wants better ties with the outside world to revive its struggling economy.

North Korea's weeks-long tirade of war rhetoric against Washington and Seoul last spring followed international condemnation of its third nuclear test. The Koreas remain officially at war because the Korean War ended with an armistice, not a peace treaty.

THE ASSOCIATED PRESS

Daughter meets relatives; mom abducted

The parents of a Japanese woman abducted by North Korea in 1977 have met their Korean-born granddaughter for the first time.

The Japanese Foreign Ministry confirmed Sunday that Shigeru Yokota and his wife, Sakie, spent time with Kim Un Kyong over several days last week in Ulan Bator, Mongolia. Kim is 26 years old, Japanese media said.

The meeting could be a small step toward resuming official government talks between Japan and North Korea.

Kim's mother, Megumi Yokota, was kidnapped in Japan when she was 13. She is believed to have married a South Korean man, Kim Young-nam, who also was abducted by North Korea.

North Korea says Yokota has died, but Japan says North Korea has yet to provide definitive proof.

North Korea abducted at least 17 Japanese in the 1970s and 1980s, according to Japan. Five were allowed to return in 2002. Japan and North Korea do not have diplomatic relations, and have not had official talks since 2012. But informal talks were held in China this month

THE ASSOCIATED PRESS

Shigeru, left, and Sakie Yokota, parents of Megumi Yokota, who was abducted by North Korea in 1977. KYODO NEWS/THE ASSOCIATED PRESS FILE

Bank of Canada

Worries of disinflation gaining steam

Does Canada still have a too-low inflation problem?

The recent upward drift in the consumer price index, which the Bank of Canada watches like a hawk, appeared to put to rest concerns that the country was headed for disinflation, a period of low and declining inflation.

But it appears the relief may have been premature.

This Friday's inflation reading for February has some economists predicting the Statistics Canada report will show the annual CPI falling below one per cent.

THE CANADIAN PRESS

Riddle me this...

Is a blimp still a blimp with a semi-rigid skeleton?

The next generation of the well-known Goodyear blimp is getting ready to take flight as the company moves toward replacing its old fleet of airships with a new trio.

The helium-filled airship is bigger, quicker and more manoeuvrable than earlier models, Goodyear Tire & Rubber Co. said.

The airship has a semi-rigid internal skeleton, a feature that wasn't present in earlier models and raises questions about whether it is truly a blimp, though the company still refers to it as such. THE ASSOCIATED PRESS

Saprilege: Cold may mean less nectar of the Gods this year

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Taken off around globe. Commercial drones grounded in U.S., for now

The U.S. government bars commercial use of drones, no matter how seemingly benign.

But already, photographers, real estate agents, moviemakers and others are hurrying to embrace the technology.

The use of commercial drones is starting to spread to countries where authorities have decided the aircraft presents little threat if operators follow a few safety rules.

U.S. officials say rules to address the special safety challenges associated with unmanned aircraft need to be in place before they can share the sky with manned aircraft.

But final rules could be years away for small drones, which are defined as those weighing less than 55 pounds.

A drone landing after flying over the scene of an explosion in East Harlem in New York last week.

THE ASSOCIATED PRESS FILE

The drone industry and some lawmakers worry that the United States will be one of the last countries to gain the economic benefits of the technology.

THE ASSOCIATED PRESS

Put a fork in bitcoin

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the Bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to Bitcoin exchanges, the answer seems to be yes.

If you got in at $30 US three years ago and hung on past the 2013 $1,250 US peak to today's price at around $650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? Okay, moving on.

Both firms promise to bring security, regulation and liquidity to the Bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride, making it almost useless for spending and leaving it in the realm of speculators.

The Perseus/Atlas partnership isn't exactly like General Mills and Johnson & Johnson combining to offer a cure for the common cold. In fact, the new exchange system is only for high-frequency traders and financial institutions. Does this sound like you?

Still, average folk who have taken a flier on bitcoins could benefit down the road, if trading becomes more secure. But even if it does, this digital currency is, in the words of Marketwatch's Personal Finance Daily, "as stable as Justin Bieber's trip through puberty."

It's done?

The cybercurrency graveyard:

- **OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies.** 1996-2004 (all were fraudulent)
- **DigiCash.** 1990-1998
- **CyberCash.** 1994-2001
- **Beenz.** 1998-2001
- **Flooz.** 1999-2001
- **Internetcash.com.** 1999-2001
- **QQ coins.** 2000-2002
- **Linden Dollars.** 2008
- **Bitcoins.** 2009 - ????

ICANN. U.S. government letting go of its hold on Internet address system

The U.S. government is relinquishing its control of the Internet's address system in a shift that may raise questions about the future direction of online innovation and communications.

The decision announced Friday begins a long-planned transition affecting the stewardship of the Internet Corporation for Assigned Names and Numbers, or ICANN. That's a not-for-profit agency launched in 1998 by the U.S. Commerce Department to govern the system that assigns website addresses and directs Internet traffic.

THE ASSOCIATED PRESS

September 2015

The Commerce Department hopes to end its ICANN oversight by the time its contract expires in 2015.

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TASERS BACK IN COMMISSION

URBAN COMPASS

Christina Cherneskey
saskatoon@metronews.ca

The Regina Police Service has announced it's beginning to carry Tasers again. Police in Saskatoon quietly reintroduced the weapons into service in December.

For those who wonder why the use of Tasers was stopped, it goes back to the fall of 2007 at Vancouver International Airport.

Robert Dziekański was a construction worker emigrating from Poland to British Columbia. It was a confusing few hours for him as he unsuccessfully tried to get through immigration processing. Witnesses say he was agitated. As details and video later clarified, Dziekański was jolted with a stun gun five times by RCMP officers. He was pronounced dead at the scene.

This tragedy revived debate concerning the use of Tasers in Canada. Civil-liberties groups had been calling for a moratorium on them until their risks could be minimized. After much delay and debate, the Braidwood Inquiry was established and its final report was released in 2010 in Vancouver. Part of the report contained recommendations for police on strict regulations surrounding Taser use.

This abridged history leads us to what most law-abiding citizens want to hear — that our police have the necessary tools to protect us.

On Thursday, Saskatoon police used a Taser to subdue a woman brandishing a butcher knife. Regina police used a Taser recently on a man who was deemed a danger to himself.

Police in this province heeded the recommendations of the Braidwood report. That's why they took Tasers out of commission in the first place. That's why all officers have since received intensive training with them.

Saskatchewan Police Commission executive director Rick Peach said recently that "our (Taser) policy is as strong as any in the country."

Quoted

Saskatchewan Police Commission executive director Rick Peach said recently that "our (Taser) policy is as strong as any in the country."

Police in Saskatoon and Regina use the Taser X26, which is equipped with a chip that records the time and date of activation, as well as the duration of any use. A supervisor reviews the data collected.

Several years ago, I had a chance to be jolted with such a stun gun during a media event in Toronto. Police had dialed down their Tasers to "reporter setting," which was relatively mild. Even then, I felt like I had been pushed down concrete stairs in a tight metal box.

I was convinced by that experience never to break the law. Hopefully, the bad guys will be too.

CHRISTINA CHERNESKEY IS THE NEWS DIRECTOR AT 620-CKRM IN REGINA

ZOOM

The Great Wall of Patagonia

FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'

FRANK THIEL
Photographer, 47, based in Berlin

What does your powerful photograph tell us?
It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying.

This place looks surreal ...
But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove of human experience and is older than any living creature on our planet.

What was it like to work in such an environment?
Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait

ANDREW FIFIELD
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A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:
Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:
Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:
An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

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Ebooks

Captain America: The Winter Soldier

By. Ed Brubaker/ Marvel Unlimited

iPad/iPhone/Android

MIND THE APP
Kris Abel
@RealKrisAbel
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A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, because there are no voices, so your imagination remains in control.

Winter is coming

Game of Thrones' creators say they can predict the (unwritten) future

The hit Game of Thrones TV series is only reaching its halfway point, but it seems the end is becoming clear. Or at least clearer.

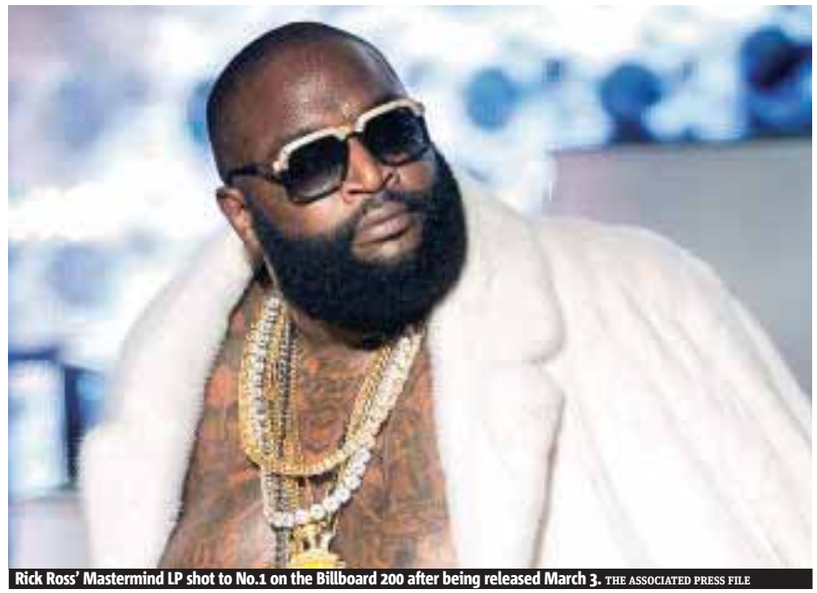
In an interview with Vanity Fair, show co-creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of A Song of Ice and Fire, the series of novels on which the show is based — so they have a pretty good idea of how the story will eventually end. But they can't be entirely sure because Martin hasn't finished writing the last two books in the series.

Still, they're now convinced the TV series will only run for three or four seasons more and they've got a plan to get there.

"For most of the major characters, we know the vicinity of where they're headed, for the most part. And it's just the idea of it barrelling toward some conclusion as opposed to just rolling down the road," Weiss says. **THE CANADIAN PRESS**

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life



Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation … that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule to go to the smaller markets in South Carolina, the Columbias, you know the (places) that don't get attention. But those are the places where I remember making my first $5,000 shows from, so I still go to those places."

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.... You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die." **THE ASSOCIATED PRESS**

Lil Wayne says Tha Carter V will be last solo effort

Lil Wayne said during an appearance at South by Southwest that he plans to make Tha Carter V his last solo album and that the first single from the still-in-progress LP will be out in the next week.

"I'm approaching it like it is my last project, and I think that's why it's a lot different than everything else," Wayne said.

Tha Carter V is one of the most anticipated albums of the year. Tha Carter IV sold nearly one million albums the first week of its release in 2011.

Wayne, 31, said he's been taking his time with the album, trying to diversify his subject matter after interviewer Elliott Wilson joked that most of his songs centre around one thing: sex.

"What you want me to talk about? The world?" he said, drawing laughter from the audience.

Wayne said he once wanted to be known as the greatest rapper in the world, but has softened his stance with age and perspective. Of Kendrick Lamar, he said, "Ain't nobody touch that dude."

Quoted

"I'm working harder. I'm approaching it a whole lot different. I'm approaching it as if you don't have tomorrow."

Lil Wayne
on completing Tha Carter V

And he praised the artists on his own Young Money label. He called Drake "a wonderful person" and said Nicki Minaj is not just the best female rapper out there, but the best rapper.

Wayne also said the jail journal full of notes he took during his stay at Rikers Island in New York on gun charges is being turned into a book.

Asked about his legacy as he nears his self-imposed retirement at the age of 33, he said he'd prefer folks to think of him as a beloved figure.

"I would just say I'd like to be remembered as a good spirit, a good soul, like a Willie Nelson ... like a Snoop Dogg," Wayne said. **THE ASSOCIATED PRESS**

SCENE

Andrea Martin is Working the Engels behind the scenes of new sitcom, too

In the brood. Show's family dynamic carries over off-screen as star nurtures cast, works with old SCTV pals

Andrea Martin as Ceil Engel, second from right, in Working the Engels, with former SCTV cast mate Eugene Levy. SHAW MEDIA

It seems Andrea Martin's role as an irrepressibly madcap matriarch on Working the Engels also extends behind the scenes.

The decorated 67-year-old SCTV comedian is seated next to her new co-star Kacey Rohl, and the discussion shifts to the third episode of the new Global series, which debuted Wednesday night.

It's an instalment that features bits of physical comedy both from Martin — who gyrates her way through a hip-hop dance routine — and Rohl, whose character awkwardly navigates a stripper pole.

Here, Martin grabs hold of the conversation. "I can't believe I haven't talked to you about that, by the way," says Martin, turning to her co-star. "That is such amazing physical comedy you do on that pole. It was shot beautifully. It was so funny, really — the whole episode should be about that."

Of course, nurturing nature aside, the seemingly down-to-earth Martin doesn't share much in common with her unhinged, self-obsessed Engels counterpart, whose dysfunctional, heavily indebted brood of three children is forced to band together to save the family's law firm when her husband suddenly dies.

Azura Skye plays divorced, recovering pill-popper Sandy, Benjamin Arthur portrays ex-con ne'er-do-well brother Jimmy while Rohl is the put-upon family fulcrum — and the only one with a law degree.

The show was created by Katie Ford (Miss Congeniality) and Jane Cooper Ford, and Martin said that having women at the head of the sitcom — once a rarity — lent the show a different feel.

"The female energy was fabulous, actually," said Martin, a two-time Emmy winner and Tony Award victor. "Not for any political reason — 'Yeah, come on, it's our turn!' — it's just there was a different vibe to it."

More familiar is the impressive lineup of guest stars who have already filmed appearances, a number that includes Colin Mochrie, Kids in the Hall veteran Scott Thompson, Argo actor Victor Garber and Martin's old SCTV pals Martin Short and Eugene Levy.

In the case of those last two, Martin says the bond she still shares with her old comedic collaborators allows for a comfortable chemistry.

"We talk three or four times a week, all of us," she said. "It just felt like an extension of being in somebody's living room, except there were cameras.

"We both have the same work ethic, Marty and I do. We all come from the same training, so we're up to improv any time, but both of us are perfectionists. We're very methodical about getting the scene so it's right and making sense and then being silly."

Praise from co-star

"When we showed up on set, she created this nice ease and simplicity to everything."

Co-star Benjamin Arthur

Skye, meanwhile, shrugs away Martin's modesty and says it's "solely a testament" to the screen and stage actress that such marquee guests would support a show that "hasn't even aired yet."

Indeed, it's Martin who receives the greatest share of her co-stars' unsolicited, unqualified praise.

"When we showed up on set, she created this nice ease and simplicity to everything," said Arthur, before he and Skye commiserated on occasionally worrying that their performances were too broad.

"There definitely have been a couple times (where I've thought) 'Are we crossing the line into the absurd? Are we slipping on banana peels?'" Skye said. "But it seems to be rooted in something very grounded and very real, and once again that is Andrea. You watch her stuff and it's very much like that.

"It is on the hilarity end of the spectrum but at the same time it comes from a very real, very truthful, organic place."

THE CANADIAN PRESS

Prince of dubstep gets playful on Recess

Skrillex's new album Recess is currently streaming on his free iPhone and Android app, Alien Ride. CONTRIBUTED

Skrillex. Grammy-winning producer's first full-length features collaborations with Chance the Rapper, Ragga Twins and others

Skrillex has dropped a surprise on the Internet last week, a full-length album featuring big-name collaborations and refreshing twists on the dubstep beat.

American electronic music producer Sonny Moore, 26, has become one of the best-known names in the dubstep genre since he first started releasing tracks on his Myspace page under the name Skrillex in 2010.

Since then, both he and the genre have gained a lot of name recognition. Skrillex has picked up six Grammy Awards, and dubstep's distinctive noise — the pulsing wub-wubs and lurching drops — have percolated into mainstream pop and dance radio hits.

Despite the success, Skrillex hadn't actually released a full album. That changed Tuesday, when, with little fanfare, tracks from his debut release Recess began to stream on his free app Alien Ride for iPhone and Android.

At first listen, the standout tracks are those where Skrillex teams up with high-profile collaborators including Chance the Rapper, Diplo and Passion Pit vocalist Michael Angelakos.

The eponymous and instantly danceable Recess blends the talents of Angelakos, Kill The Noise and Fatman Scoop into a bouncy, high-energy piece that's easy to leave on repeat.

Release date

The 11-track album will be streamed until March 18, when it officially goes on sale.

The mid-album track Coast is Clear, carried by Chicago's Chance the Rapper, is another highlight, and a marked departure from the typical dubstep sound.

Vocal harmonies and brass backup add much-needed variety and texture to the album.

And Doompy Poomp is nothing but nonsensical fun — a mishmash of off-kilter beats, filtered vocal samples, tambourines, bells and other delightful noise accents.

The rest of the album is more hit-and-miss. When the hook catches, the track can hold an instant appeal (Ease My Mind) but in other places the waves of bass and drops can become over whelming, and even worse, indistinguishable.

But it's probably best not to think too hard about Skrillex — if the music works for you, the appeal is visceral, and if it doesn't, no amount of critical analysis will change that.

Skrillex has explained his music shouldn't be taken too seriously.

"At the end of the day it's DANCE music," Skrillex wrote in an interview on social news site Reddit a few days before Recess debuted.

"Dancing is supposed to be fun ... it's not politics."

TORSTAR NEWS SERVICE

Kwanten happy to take Wrong path

Rom-com. Australian True Blood star is not a big fan of the genre but couldn't resist playing the character after reading the script

NED EHRBAR
Metro World News in Hollywood

When not playing Jason Stackhouse on True Blood, Ryan Kwanten has looked to build up his film resumé with dark, complex roles, like the Australian films Red Hill and Mystery Road. So no one was more surprised than he was when he responded so strongly to the romantic comedy the Right Kind of Wrong. Of course, it doesn't help that even in this he takes a hell of a beating. Ryan found time to tell Metro a bit about the role.

This role is a bit of departure for you.
I must admit I'm not a huge rom-com guy. I'm much more of a 'let's break down the psyche.' Give me a character that you have to keep knocking down. Let's see the fragments of a man and see him put himself back together. But this was that in a rom-com, and I've never really experienced that before. Reading it, every time I expected it to go into that typical, clichéd ending of an act or a scene, it totally twisted in a way I wasn't expecting, then it would do the same again to the point that I was like, 'OK, I'm going to stop predicting anything here because obviously I'm none for 20 right now.'"

If you recast this movie with, say, Paul Giamatti, it becomes a really creepy story.
Yes (laughs), that was a concern too. It was a concern of mine, but (director) Jeremiah (Chechik) said, "Don't you worry about that." I guess he was insinuating that certain qualities that I may have will ultimately exude through and hopefully win the audience over.

Ryan Kwanten (Leo) and Catherine O'Hara (Tess) attend her daughter's wedding in The Right Kind of Wrong. SABRINA LANTOS

This is a guy that's obnoxious, he's self-centered, very rarely listens to anyone; in fact doesn't, really. He's sort of a professional dreamer to the point where he will put down everything else in his life to achieve that goal. And that's something that, from many people's perspectives, can be a little too much. Like, 'Who the hell do you think you are?'"

Part of what makes it work is that it's clear that hasn't been working for him.
Yeah, he's sort of flawlessly flawed in a way. It's interesting, he learns lessons along the way, but it's only in retrospect now that I think about it that he doesn't really have an arc. He learns lessons, but he doesn't essentially change. I think that's such an endearing quality in someone, to be so … not necessarily righteous, but so full of belief.

On the most recent season of True Blood, I've never been more worried about your character's safety.
Yeah, I think every season a certain character gets picked out and looks like they are on the chopping block for that year. I felt like it was sort of right this season that we did lose one of our main cast. I guess since really episode 3 of the first season when we lost Gran, that to me was a huge thing where, from an audience perspective, you think, 'well if they can kill the sweet old granny they can kill anyone.'"

And next season will be the last one, they just announced.
Yeah. Look, the amount of things that have to fall into place for a series to get picked up for a pilot, let alone run seven years, I feel beyond grateful. It's ridiculous.

Tyler, the Creator ALL PHOTOS GETTY IMAGES

Rapper pushes fans to be pushy, law enforcement pushes back

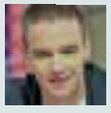
Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanour charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a $25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

Twitter

@kerrywashington
That's a wrap!!!!! Heading home... #scandal



@Real_Liam_Payne
Back to worrrrkkkkkkk!!! Feels like 1st day of school... Ready for the social not for the work aha

@oliviawilde
There's an abandoned pair of men's underwear in our elevator. I shudder at all possible explanations.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke$ha?

STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke$ha changes her Twitter name to Kesha. "Waste not, want not," says Kim Karda$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.

Justin Bieber and Selena Gomez are back together after Justin reportedly sent Selena $10,000 worth of flowers. However, insiders also say that she was very impressed with how hot and masculine he was when he viciously bullied a court reporter at his recent deposition.

A friend sneaks vodka into Katy Perry's kale juice. That sounds like the best idea since not drinking kale juice.

Angelina Jolie

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

Johnny Depp and Amber Heard

Looks like it's official for Johnny and Amber

Former Rum Diary co-stars Johnny Depp and Amber Heard are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online.

Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn Manson, and Aerosmith front man Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.

Rob Lowe recalls that time he didn't get to sleep with Madonna

According to Rob Lowe, he totally could have scored with Madonna back in 1984 — until he screwed it up by being a stick in the mud.

In his new memoir, Love Life, Lowe recounts hanging out with the Material Girl at L.A.'s Palladium and everything seemed to be going smoothly. "Madonna and I were discussing where we would sneak off to at the end of the evening when she suddenly jumped up and said, 'Let's dance!' 'You're crazy,' I said, half meaning it," he writes, explaining that at that point Madonna got defensive: "'No I'm not,' she said. 'I'm just not going to let success f— up my fun.'" And that was the end of it.

Rob Lowe

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

People often tell me they can't find the money to save. Really? Not even $1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved $6 at the grocery store by being a savvy shopper, take that $6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping $3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another $3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by $10 a month and now you have enough to start a savings plan. Cut it by $30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q I just bought my first home. What can I claim?

A I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about $750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

A Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

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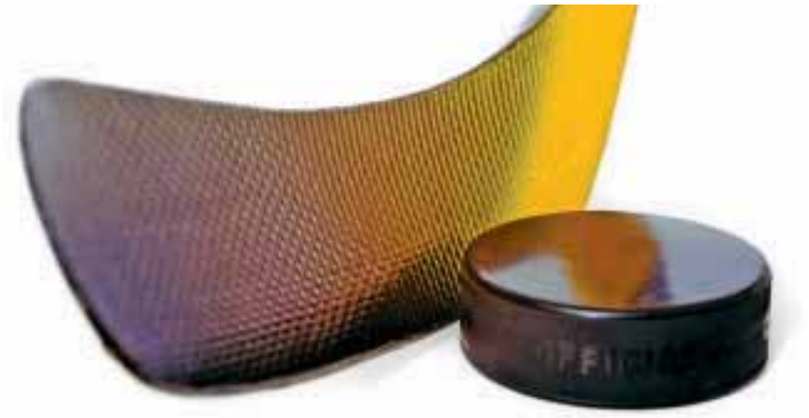
Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by $4,000, while Carolina and Jose have improved theirs by $1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK

Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of $500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than $1,000 each month, they will pay $800 on debt and put $200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently $70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining $500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

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Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?

Even tattoos are game in some offices with casual dress codes. ISTOCK

'Round the world wisdom

Adversity? To go far and fast, go together

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When racing towards the finish line, are you faster alone or together? "To go fast, go alone. To go far, go together," says an old African proverb. My experience running the Gobi desert was that to go far and fast, I needed to go together.

As the six-day race progressed, my daily objectives became more ambitious and to achieve them, I concluded I wouldn't be able to do it alone; I needed the help of my competitors.

In the same way road cyclists save energy by riding close together, fluidly alternating who takes on the headwind at the front, I would seek out other runners each day to assemble a like-minded team with the sole purpose of working together to go faster. We crafted win-win agreements on the fly, helping each other push beyond what we could do on our own. One person took to the front, navigating and running as hard as possible for a pre-agreed time period, while another behind acted as a sentry to watch overall progress against the field — and as a Canada goose honking encouragement to the flock leader from behind. On queue the roles would switch, moving an always fresh runner to the front.

Back at work, the lesson encouraged me to change how we go about tackling our higher-stakes projects. Before, we always pursued a go-alone approach. Now, to increase our odds of success, we actively pursue coopetition, a cooperative competition with direct rivals, even if it involves sharing the victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Racing cyclists save energy by riding close together. ISTOCK

Raise a glass to the ladies of libation

It's about wine. Female vineyard workers show cutting edge skills as they make debut in Napa pruning contest

Maria Romero competes in the first-ever women's division of the annual Napa Valley Grapegrowers' pruning competition at Beringer Vineyards' Gamble Ranch in Yountville, Calif.
ERIC RISBERG / THE ASSOCIATED PRESS

Every year for the last 12 years the vineyard workers of the Napa Valley have gathered in the soft light of a mid-winter morning, shears at the ready, game faces on, each eager to prove he's the best man on the job.

But this year, there was something a little different about the Napa Valley Grapegrowers' pruning competition. Some of the contestants lining up to hack and slash at the overgrown vines were women.

"There's been this perennial conversation about, 'Do we include women in the competition?' And the answer's always been, 'Not yet,'" explained Jennifer Putnam, executive director of the group. "This year we looked around the room and just thought, 'Yes, it's time.'"

And it was.

Not only did the newcomers to the event compete hard, posting excellent scores in technique and quality, organizers announced some hours after the event that the women's first-place winner, Celia Perez of V. Sattui Winery, had the highest scores for both men and women.

Talk about a dazzling debut.

The decision to open up the contest to women marks a change in what used to be the nearly exclusively man's world of vineyard work. There are a lot more women to be seen working in the fields, something that accelerated after the 2008 recession swallowed up other jobs.

Meanwhile, the idea of vineyard equality has become accepted as women have progressed, some becoming leaders of "A" crews, the much-sought after top harvest teams.

"The cultural shift has now taken place where we felt like the women would be comfortable enough coming to the competition," said Putnam.

Pruning is an important part of vine husbandry that focuses the new growth on vines and helps determine what the next harvest will look like.

Different techniques are used for different grapes and climates, and skill is as important as speed.

For the growers' contest, workers are first judged on technique, then winners are ranked by time and the finalists battle it out for first through fourth place.

On the line are cash, tools, clothing — and pride.

If there was any grumbling about the addition of a women's division, it wasn't showing as the contest kicked off at Beringer Vineyard's Gamble Ranch.

Steel rasped on steel as competitors sharpened their shears and the murmur of voices dropped as they attacked the rows of spindly vines.

There was the snick of sharp, quick cuts made close to wires supporting the vines followed by the rustle and clang of the dry wood being dragged out.

Among the 56 workers in the men's division was Jesus Juarez, who works at Moulds Family Vineyard, and who placed first in the 2008 pruning contest. (He did well this year, too, finishing in fourth place.) He and his brother Roberto, also a vineyard worker, weren't fazed by seeing the 13 women show up to compete in the women's division.

"It's good for the women because they get that opportunity," said Roberto Juarez, who like all the contestants interviewed for this story spoke through an interpreter.

Also competing was Maria Fuentes, a vineyard veteran who has worked for Beckstoffer Vineyards since 1977.

"I'm very happy to be here," said Fuentes, smiling as she declared, "It's about time."

Fuentes thought men might have the edge on strength while women might be a little quicker at skills like suckering, which is when unwanted new shoots are taken off the vine later in the growing season. "I'm not saying that just because I'm a woman," she added, laughing.

The results bore Fuentes' observations out. Overall, women scored a little higher on technique/quality; men had the edge on speed, Putnam said.

"The really exciting thing we discovered when we got back to the office was that the first-place female winner would have beaten everyone in the competition — and not by just a little!" Putnam added in an email after the event.

At the time the prizes were awarded, Perez was asked the question of the day: Can women work as well as men in the vineyard?

"Yes," she said, nodding vigorously. She looked down at the prizes she was carrying and smiled. "And here's the proof!"

THE ASSOCIATED PRESS

Falling in vine

"This year we looked around the room and just thought, 'Yes, it's time.'"

Jennifer Putna, executive director of Napa Valley Grapegrowers

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Smarten up your table with bow tie pasta, red bell pepper pesto, chicken and pine nuts

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FLASH FOOD

From your fridge to your table in 30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

Ingredients

- 8 oz boneless skinless chicken breast

Pesto
- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta
- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Nutritional information

- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Hail the Kale Caesar Salad and Scallops

This recipe serves four. ROSE REISMAN

If Popeye was around today he might feel somewhat threatened that kale is pushing spinach out of the limelight.

Instead of romaine lettuce in this classic salad, I'm using baby kale, which is available in most supermarkets. It's washed and packed for easy use by the company Earthbound.

Kale is a true super food. It's low in calories, high in fibre, iron, vitamins K and C and calcium. It's also filled with antioxidants and considered an anti-inflammatory food. To eliminate the high calories of traditional Caesar dressing, I use a combination of olive oil and lower fat mayonnaise which cut the calories and fat considerably.

I prefer the large sea scallops to bay scallops because they have a better texture and flavour and won't overcook as quickly. This variety of seafood is a great source of low-fat protein, and loaded with vitamins and minerals.

Directions

1. Place kale on a large platter.

2. In non-stick skillet sprayed with vegetable oil sauté scallops for about 3 minutes per side or just until cooked through. Do not overcook.

3. Caesar dressing: Whisk 2 tbsp cheese, mayonnaise, olive oil, water, lemon juice, garlic and mustard until smooth or purée in small food processor.

4. Pour dressing over kale, toss the salad well and garnish with 1/2 cup cheese and scallops.

ROSE REISMAN

Ingredients

- 8 cups baby kale
- 8 large sea scallops

Caesar dressing
- 2 Tbsp grated Parmesan cheese
- 2 Tbsp reduced-fat mayonnaise
- 3 Tbsp olive oil
- 3 Tbsp water
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard

Garnish
- 1/2 cup grated or shaved parmesan cheese

Sochi 2014

Canada strikes its golden goal

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals —including 30 gold — while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. THE CANADIAN PRESS

Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

Symphony on skis in Sochi

Paralympic Games. McKeever, Klebl find cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi.

THE CANADIAN PRESS

4 SPORTS

Sens crash and burn during weak weekend

NHL. After earning just one point against Habs, Senators get smothered by Avalanche

Erik Johnson, left, of the Avalanche checks the Senators' Colin Greening into goaltender Semyon Varlamov at the Canadian Tire Centre on Sunday.
FRED CHARTRAND/THE CANADIAN PRESS

The Ottawa Senators said they needed four points this weekend to make a serious playoff push.

After an overtime loss Saturday in Montreal and a 3-1 defeat on home ice to the Colorado Avalanche, the Senators walked away from their weekend games with just one point.

"It was a big weekend for us and we lose both games," said Senators captain Jason Spezza. "We played good but it's a different way to lose every night and results are the only thing that matter right now.

"We didn't turn the puck over much, we created a lot, but again, it just wasn't enough to win the game and it's unacceptable."

Andre Benoit, Nick Holden and John Mitchell scored for the Avalanche (44-19-5) while Matt Duchene had two assists as Colorado picked up its third win in four games, and seventh in its past nine.

Semyon Varlamov made 38 saves. The Colorado goalie was just six seconds away from his second shutout of the season and 13th in his career when Mika Zibanejad scored.

Robin Lehner made 19 saves in his second straight start for the Senators (28-26-13) since Craig Anderson was injured last week in a loss to the Nashville Predators.

"Response to the game (Saturday) was positive," said Senators coach Paul MacLean. "A lot of the statistical things were positive, but at the end of the day it's the score that matters and we gave up three goals and only scored one.

"We created opportunities to score but I don't think we got to their net as hard as we could have and we missed the net a number of times."

Nursing a 1-0 lead heading into the third period, the Avalanche were awarded their first and only power play of the game when Ottawa forward Chris Neil closed his hand on the puck and was called for delay of game.

On Sunday

Avalanche	Senators
3	1

Duchene took a shot during the man advantage that Lehner stopped but the rebound went right to Holden, who was alone at the side of the net and scored at 3:10.

The Senators pressed throughout the period, but the game was virtually over when Mitchell beat Lehner from in tight with less than three minutes to go in the game.

Benoit's goal in the second period was his fourth in his last night games.

"It's always fun to score against an old team and I had lots of family and friends here," said the former Senator who is from St. Albert. "Hopefully they keep going in.

"It was a big game and we were able to get a win. We have to keep this going now."

THE CANADIAN PRESS

Canucks goalie Eddie Lack celebrates the win. JOEL AUERBACH/GETTY IMAGES

Déjà vu? Canucks make Lu think he's going to win then score in shootout

Nicklas Jensen scored in the first period and added the only goal in the shootout as the Vancouver Canucks earned a 4-3 victory over former goalie Roberto Luongo and the Florida Panthers on Sunday.

Alex Burrows had a goal and two assists and Dan Hamhuis also scored for the Canucks. Eddie Lack made 26 saves.

Jimmy Hayes scored two power-play goals for the Panthers. Vincent Trocheck also scored and Luongo stopped 29 shots.

Luongo faced his former team just 12 days after being traded from the Canucks to the Panthers on March 4. Luongo is 2-3 since joining the Panthers.

Lack stopped all three shots in the shootout and won against Luongo, his former teammate.

The Canucks won for just the fourth time in 17 games and are 3-4 since they traded Luongo.

Luongo was dealt along with forward Steven Anthony to Florida in exchange for goalie Jacob Markstrom and forward Shawn Matthias. This is Luongo's second stint with the Panthers, whom he played for from 2000-06.

THE ASSOCIATED PRESS

March Madness

Seedings leave many scratching their heads

The surprises start right at the top of the NCAA tournament bracket: Virginia is a No. 1 seed.

They keep going throughout the matchups. Last year's national champion, Louisville, was seeded fourth in the Midwest despite playing well enough to be considered a No. 1 by many.

And speaking of that Midwest region — Wichita State and Michigan are there as well, making it three of last year's Final Four participants all vying for one spot this year.

SMU, the team led on a renaissance by coaching lifer Larry Brown — nowhere to be found. And Michigan State, the team that geared things up in time to win the Big Ten tournament, is only a No. 4 seed.

The tournament begins Tuesday with a pair of First Four games, and things get going in earnest Thursday when 32 of the 64 teams in the main draw take to the floor. THE ASSOCIATED PRESS

MLB spring training

Jays rally to win in extra inning

Jonathan Diaz beat a throw to the plate to complete a 10th-inning Toronto comeback as the Blue Jays rallied to defeat the Baltimore Orioles 4-3 in Grapefruit League play Sunday.

The win snapped a four-game spring losing streak for the Jays (7-10).

The Jays also trimmed down their spring roster, optioning pitchers Kyle Drabek, Chad Jenkins and Sean Nolin to triple-A Buffalo. THE CANADIAN PRESS

Tigers 2, Nationals 1

Verlander looks ready to go

Justin Verlander was dominant over five innings and Washington's Jordan Zimmermann gave up his first run of the spring as the Tigers defeated a Nationals split squad 2-1 on Sunday.

Verlander, making his second spring start, allowed one hit, one walk and struck out four. He threw 49 pitches and then went to the bullpen to throw 16 more.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

♉ Taurus
April 21 - May 21
Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

♊ Gemini
May 22 - June 21
If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

♋ Cancer
June 22 - July 23
There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

♌ Leo
July 24 - Aug. 23
Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

♍ Virgo
Aug. 24 - Sept. 23
You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

♎ Libra
Sept. 24 - Oct. 23
You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

♏ Scorpio
Oct. 24 - Nov. 22
You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

♑ Capricorn
Dec. 22 - Jan. 20
A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

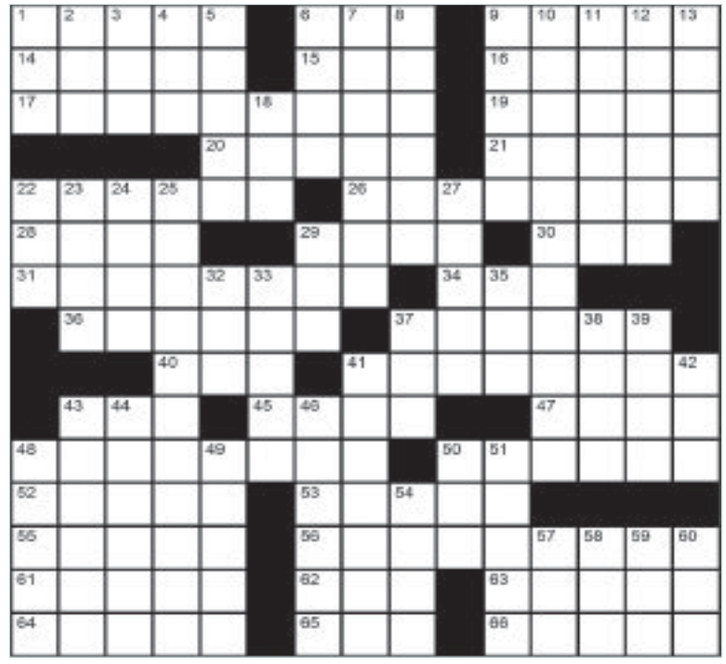
♓ Pisces
Feb. 20 - March 20
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

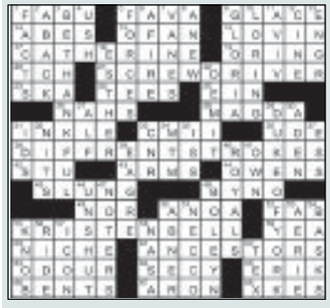
BY KELLY ANN BUCHANAN



Across
1. March 17th's star, St. __
6. Sci-Fi beings
9. __ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the __"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. __-dokie
48. 1983 U2 album: 'Under a __ __ Sky'
50. Too: 2 wds.
52. Metamorphosis-izer
53. Fashion designer, Geoffrey __ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to __
61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

Down
1. Tabloid's photos-supplier
2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device
9. __ _ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. __ __ one's all (Really tried)
12. Shades of Shamrocks
13. Feel
18. Register
22. "I Am __" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The __ __
27. Al __, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "__ __, crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby __ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, __.
59. "What's the __?"
60. Chart

Friday's Crossword

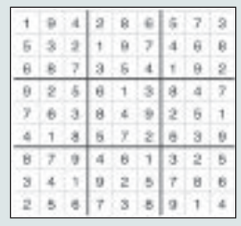


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3								2
	9		3	7	8		6	
	7						3	
		2	1		3	7		
	3						8	
		1	7		6	5		
	4						5	
	6		4	5	1		9	
8								6

Friday's Sudoku



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Beauty certification required.
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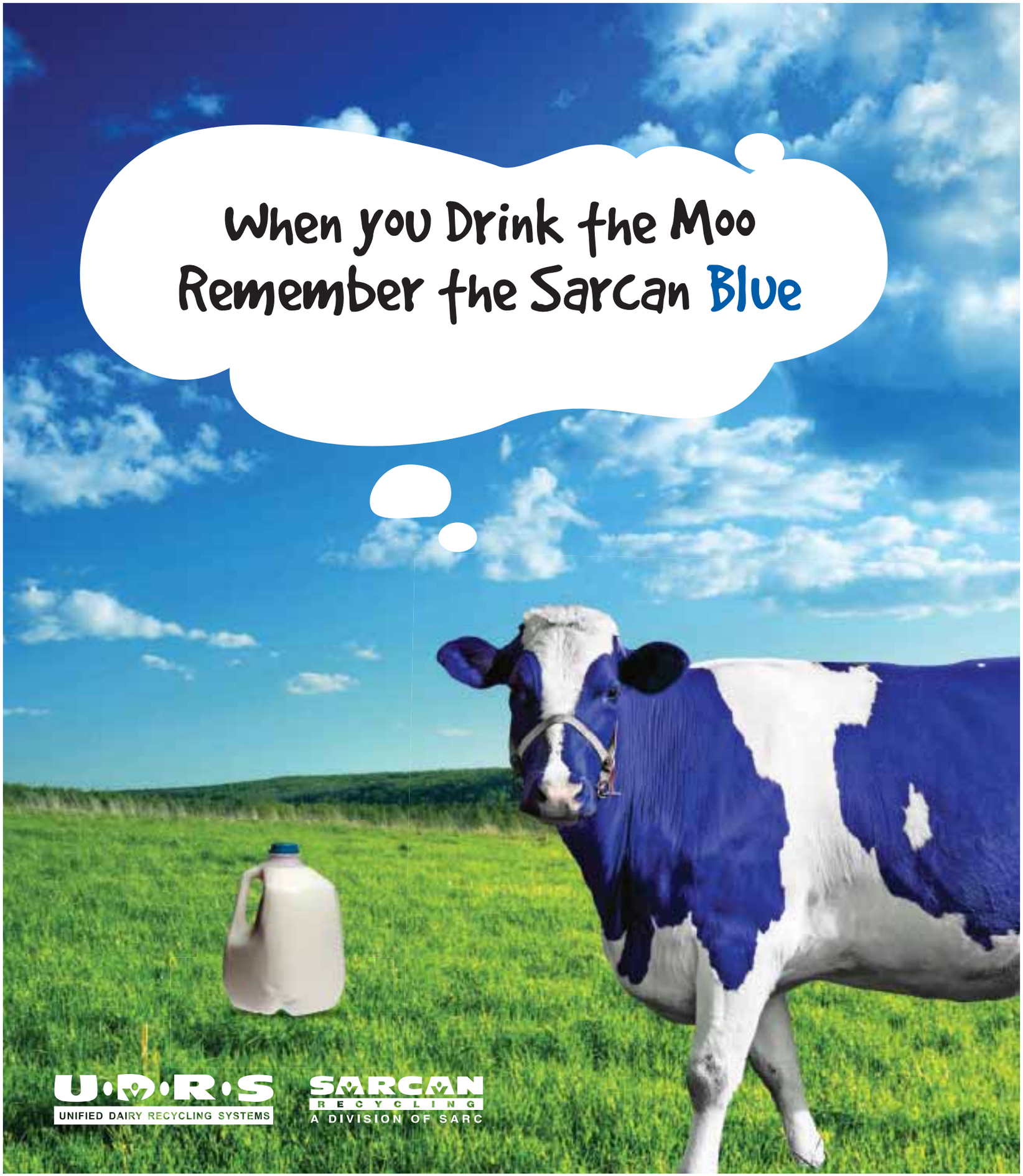
News worth sharing.

Soap Stories is seeking
6 F/T Retail Sales Reps
to sell soap & bath products in
Market Mall, 2325 Preston Ave, Saskatoon.
$11.15/Hr Plus bonus & commission.
No Experience Required.
Email : soapskss@mail.com


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC